

# PICNIC SMOKED SALMON FILLETS

F EASY

Last Modified: 07/15/2014

PREP: 13 Hrs  
COOK: 20 Min  
GRILLED

SEAFOOD

MAKES 4 SERVINGS

| QUA | MEASURE | INGREDIENT                    | PROCESS |
|-----|---------|-------------------------------|---------|
| 2   | Pounds  | Center Cut King Salmon Fillet | Skin On |
| 3   | Cups    | Apple Wood Chips              | Soaked  |
| 1   | Large   | Disposable Aluminum Pan       |         |
| 1   | Recipe: | Sauce - Dill Sauce            |         |

## SALMON BRINE

|   |        |                          |  |
|---|--------|--------------------------|--|
| 2 | Quarts | Water                    |  |
| 5 | Tbsp   | Table Salt (With Iodine) |  |

## SALMON MARINADE

|     |        |                                  |        |
|-----|--------|----------------------------------|--------|
| 1/4 | Cup    | Granulated Sugar                 |        |
| 1/4 | Cup    | Dark Brown Sugar                 | Packed |
| 2   | Tbsp   | Kosher Salt                      |        |
| 1   | Tbsp   | Fresh Coarse Ground Black Pepper |        |
| 2   | Medium | Lemons                           | Zested |

## PREPARATION

|                |  |
|----------------|--|
| <b>NOTE</b>    | This is a dish VERY suitable for a Picnic. This Salmon is intended to be enjoyed while at room temperature.  |
| <b>FACTOID</b> | King Salmon is a naturally fatty fish. It does NOT need any additional Oil put on it to bake. You need to purchase a PINK center-cut Fillet so that all 4 pieces will end up the same size and thus will end up being done at the same time.   |
| <b>CAUTION</b> | When fatty Salmon cooks, it gives off a white substance called Albumen. While it doesn't really affect the texture, as the Albumen oozes out of the flesh, it dries into ugly white globs. (We can fix this).  |
| <b>TOOLS</b>   | 1) Small Mixing Bowl<br>2) 9" x 13" Glass Baking Dish<br>3) Large Zip Lock Bag<br>4) Shallow Disposable Aluminum Pan<br>5) Instant Read Thermometer  |
| <b>PREP</b>    | None.  |
| <b>1</b>       | <b>The Day Before:</b> Cut the Salmon Fillet in half, in half again and in half again to make 8 equal sized pieces (2 per person).   |
| <b>2</b>       | <b>The Day Before - SALMON BRINE:</b> Mix the Salt and Water together in a large zip lock bag, squeezing until the Salt dissolves. Add in the Salmon Fillets and let them soak at room temperature for 15 minutes to decrease the surface Albumen content. Remove the Fillets and pat them as dry as possible with paper towels and set them aside.                    |
| <b>3</b>       | <b>The Day Before - MARINADE:</b> Combine the Granulated Sugar, Brown Sugar, Kosher Salt, Black Pepper, and Lemon Zest in a small mixing bowl. Place the Salmon Fillets skin-side down in a 9 inch x 13 inch glass baking dish. Pat the mixture in evenly on top and the sides of each piece of Salmon. Cover the dish with plastic wrap and refrigerate it overnight. |

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|--------------|--|
| <b>4</b>     | <b>2 Hours Before:</b> Place the wood chips in the reserved bag, fill it with cold water, squeeze out the air and seal tightly. Soak the wood chips for 2 hours.   |
| <b>5</b>     | <b>30 Minutes Before:</b> Fill a chimney with Charcoal and light it on fire. Once burning, place the white hot coals on one side of the grill, add another 1/4 chimney of unlit coals on top of the hot ones. Sprinkle 1/2 the soaked wood chips on top of the coal bed (you will see lots of smoke).  |
| <b>6</b>     | <b>5 Minutes Before:</b> On the other side of the grill, place the disposable foil pan on the coal pan and pour in 1 Cup of Water. Sprinkle 1/2 of the soaked wood chips on top of the unlit coals (you will quickly see lots of smoke). Place the cooking grates over the coals and the foil pan. Close the grill lid for 5 minutes. Meanwhile, scrape most of the Sugar Mixture off of the top of the Salmon and sprinkle the top of each piece lightly with Kosher Salt.  |
| <b>7</b>     | <b>GRILLING:</b> Using tongs, place the Salmon skin-side down and not touching on the side of the grill directly over top of the foil pan. Close the lid on the grill, making sure the top and bottom vents are open. Heavily smoke the Salmon for 10 minutes. Add the remaining wood chips directly on the hot coals and cook for 5 to 10 minutes more, depending on the thickness of the Salmon, until it's firm to the touch and <u>barely</u> cooked. Don't overcook the salmon or it will be dry!, The Salmon should measure 125 degrees in the thickest part with an instant read thermometer. |
| <b>8</b>     | Transfer the Salmon to a clean platter and immediately cover them tightly with aluminum foil. Allow them to rest for 10 minutes. Remove and discard the skin.  |
| <b>SERVE</b> | Serve hot, at room temperature, or cold with the Fresh Dill Sauce on the side.   |